



May 2014

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



NME/Navynwide Research
Competitions — Pages 8-11

Original 'Band of Brothers' Member Speaks during Holocaust Remembrance Ceremony

By REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth marked the Holocaust Days of Remembrance with a ceremony on April 30 featuring an original member of the "Band of Brothers" as guest speaker.



Photos by MCCA (IDW/EXW/AW) James Perkins

Retired Army Col. Edward Shames begins his speech during the Holocaust Remembrance.

Retired Army Col. Edward Shames, a Jewish Army officer, is a veteran of the 101st Airborne Division, 506th Parachute Infantry Regiment, Easy Company, also known as the Band of Brothers. The story of the soldiers of Easy Company during World War II gave inspiration for the book and television mini-series that dramatized their experiences on the battlefields of Europe.

"Many of us only know about these events from history books and the movies that we watch," said Rear Adm. Terry Moulton, NMCP commander. "To have the opportunity to listen to someone who was there is really an honor. Colonel, when I walked in, you wanted to salute me, but it's really us saluting you. We are honored for you to be here today to share your story."

Shames is one of five original members who are still alive. Between those considered to be original members and those who replaced the fallen, there are 18 alive today.

Shames spoke for about 30 minutes, starting with the organization army units and his rise through the ranks. He detailed the critical points of his experiences during the war, from the grueling training required to qualify as a member of the 506th Parachute Infantry Regiment, to the day he entered the Dachau concentration camp.

Shames received a battlefield commission during the Battle of Carentan in Normandy – the first enlisted man to receive a battlefield commission in Normandy. On June 6, 1944, at 4 a.m., he was informed he was commissioned to 2nd lieutenant. He joined Easy

— See **HOLOCAUST**, Page 17



Photo courtesy of Capt. Roger Hersh

HM3 Reenlists 500 Feet above NMCP

HM3 Jessica Ginapp fell in love with naval aviation years ago, hoping some day she could reenlist in the air.

She jokingly challenged her reenlisting officer to arrange it. And surprise, he did.

Read her story on page 6.

Save THE Date

ShipShape Class

Register for the next Shipshape eight-week program now! Seats limited. Classes meet Thursday afternoons, May 29 - July 17, from 2 - 4 p.m. in the clinical nutrition classroom, Bldg. 2. Topics are improve your nutrition choices, lifestyle strategies and exercise habits for better health and weight control.

The course provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain an acceptable body weight.

For more information, visit the Wellness Department's page at www.med.navy.mil/sites/NMCP2/PatientServices/Wellness. To register, call HM3 Chandler at 953-1925 or email jonathan.chandler@med.navy.mil.

National Cancer Survivors Day

Attend and support the inaugural National Cancer Survivors Day. The theme is Survivorship: Living with, through and beyond Cancer. The event is June 4 from noon to 1 p.m. in the back half of the auditorium in Bldg. 3.

The agenda includes survivorship definition and growing awareness, a panel discussion, questions and answer session, and an introduction to and invitation to join the Warriors vs Cancer support group.

116th Hospital Corps Ball

The Hospital Corps Ball Committee is selling tickets for this year's ball until June 13. The ball will be held at the Portsmouth Renaissance, and child care will be available to those who RSVP to HM1 Michelle Fairley by June 12.

Ticket prices are E-4 and below: \$15, E-5/E6: \$25 and E-7 and above: \$30.

Ticket prices for civilians are equivalent to active duty prices. Ticket prices will be \$35 for all the final week before the ball, which is June 9 - June 13.

Tickets are available through these corpsmen: HM1 Adrian L. Cassanova, HM1 Joy F. Chipimarquez, HM1 Ann-Marie L. Rippentrop, HM3 Tia L. Cooke, HM2 Erycka D. Arnette, MM1 Valerie N. Brin, HM1 Carla Bellamy and HM1 Roosevelt Walker (BHC Norfolk).

Credit Management Workshop at NMCP's FFSC

Attend the Credit Management workshop on June 10 from 10 - 11 a.m. at Fleet and Family Support Center, NMCP, Bldg. 249 next to the Childcare Center, and learn valuable information about establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit report, and effectively managing your credit.

The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbage.ctr@navy.mil to register.

PAIRS Marriage Retreat

The PAIRS Marriage Retreat is a wonderful opportunity for couples to strengthen their marriages by learning more effective ways of communication. The next retreat is July 18 - 20 at the Hampton Crowne Plaza and the cost is free. Future dates are Sept. 12 - 14, Nov. 14 - 16, Feb. 20 - 22, and May 1 - 3. Call Pastoral Services at 953-5550 for more information.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse and Medical Service Corps active and retired officers and their spouses in Hampton Roads. The club is a charitable organization benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

THE COURIER

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Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

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NMCP's IDC Symposium Trains Frontline Caregivers

STORY AND PHOTOS
BY MCC (SW/AW) LESLIE TOMAINO
NMCP Staff Public Affairs

More than 100 independent duty corpsmen from around the fleet attended the IDC Symposium at Naval Medical Center Portsmouth on May 22. The symposium addressed changes to medical guidelines and instructions, explained Bureau of Medicine and Surgery policies and included medical education.

Medical education topics were podiatry, chiropractic, general orthopedics, preventive medicine, women's health, dermatology, mental health and the medical board process. The IDCs were introduced to a new program called HELP, which is in the beta testing phase and will improve the transfer of patients being medically evacuated from at sea to an east coast military hospital.

The all-day symposium has been expanded to twice a year and can satisfy an IDC's mandatory Continuing Medical Education requirements of 15 annual hours. IDCs who attend both biannual symposiums would surpass their annual requirement to maintain certification.

Senior Chief Hospital Corpsman (SW/FMF) Mark Bryant, Operational Fleet Medical Liaison leading chief petty officer, presented what Fleet Medical Liaison, the Warrior Transition Ward and the Wounded Warrior Patriots' Inn at NMCP can do for service members during their treatment and care.

"Training events like this allow for us to build relations between the fleet and NMCP," Bryant said. "IDCs learn how to get answers during treatment, expedite medical evacuations, better understand the limited duty process and, in turn, get the service member well and returned to duty. It's great to see so

many IDCs here today. This can only improve the communication and referral process with regard to medical care."

One of the many benefits of attending the symposium is the ability to network with other IDCs in the community.

"The only way an IDC can be successful is to know who to go to if you need assistance," said HMCS (SW/FMF) Mark Chesney, Emergency Department LCPO and IDC Program Manager at NMCP. "Any IDC can be a great health care provider, but if they do not communicate with other IDCs, then they could potentially fail at their jobs. If we don't ask for assistance from others, we only make our work more difficult. Most of us have been through it all before."

IDCs like Hospital Corpsman 1st Class (SW/AW) Sandra Tyree and HM1 (SW/FMF) Alex Erickson, the two IDCs aboard USS Harry S. Truman, had missed the last symposium while on deployment, but had attended one the previous year. This time, they took the opportunity to network and learn from the medical experts who pre-

"Training events like this allow for us to build relations between the fleet and NMCP. IDCs learn how to get answers during treatment, expedite medical evacuations, better understand the limited duty process and, in turn, get the service member well and returned to duty."

— HMCS (SW/FMF) Mark Bryant
Operational Fleet Medical Liaison LCPO

sented throughout the day.

For HM1 (EXW) Stephanie Morlock, it was her first time attending since becoming an IDC over a year ago. She has 10 years of experience as a hospital corpsman and is stationed with Coastal Riverine Squadron FOUR at Little Creek.

"I will definitely attend future symposiums, because it's so refreshing to be surrounded by such knowledgeable peers and professionals," Morlock said. "Medicine is a practice, not a certainty, so it's nice to have the opportunity to refresh what I know and add new tools to my provider tool box. I highly encourage

— See IDC, Page 11

Cmdr. David Johnson speaks about Operational Fleet Medical Liaison and the different procedures and services they can provide the IDCs. Johnson and HMCS Mark Bryant work at NMCP Fleet Medical Liaison and, as the subject matter experts, were able to answer questions from the IDCs.



NMCP Celebrates 106 Years of Navy Nurse Corps

BY MC1 (SW/EXW/AW) GARY JOHNSON
NMCP Public Affairs

Nurses and staff at Naval Medical Center Portsmouth celebrated the 106th birthday of the Navy Nurse Corps with a cake cutting and blessing of the hands ceremony in the medical center's Neonatal Intensive Care Unit atrium May 13.

The Navy Nurse Corps birthday is celebrated along with National Nurses Week, which is recognized annually May 6 to 12.

The ceremony opened with the reading of well wishes from the chiefs of the other Navy medical staff corps. Rear Adm. Terry Moulton, NMCP commander, delivered his birthday remarks in person as chief of the Medical Service Corps.

"On behalf of the men and women of the Medical Service Corps, I am honored to extend our sincere congratulations and best wishes as the Nurse Corps celebrates its 106th anniversary," Moulton said. "Since the foundation of your corps in 1908, you have continuously answered the call of duty and provided selfless service, support and patient care for our sick and wounded Sailors, Marines, Airmen, Soldiers and families around the world."

NMCP's Nurse Corps staff consists of more than 188 active duty, 134 civilians, 114 contractors and 10 reserve personnel. The command's most senior active duty Nurse Corps officer, Capt. Karen Direnzo, and the most junior Nurse Corps officer, Ensign Beatrice Dunnavan, were selected to cut this year's birthday cake.

After the cake cutting, Lt. Cmdr. Alan Snyder, NMCP chaplain, anointed the hands of each nurse during the traditional blessing of the hands ceremony. As he blessed each

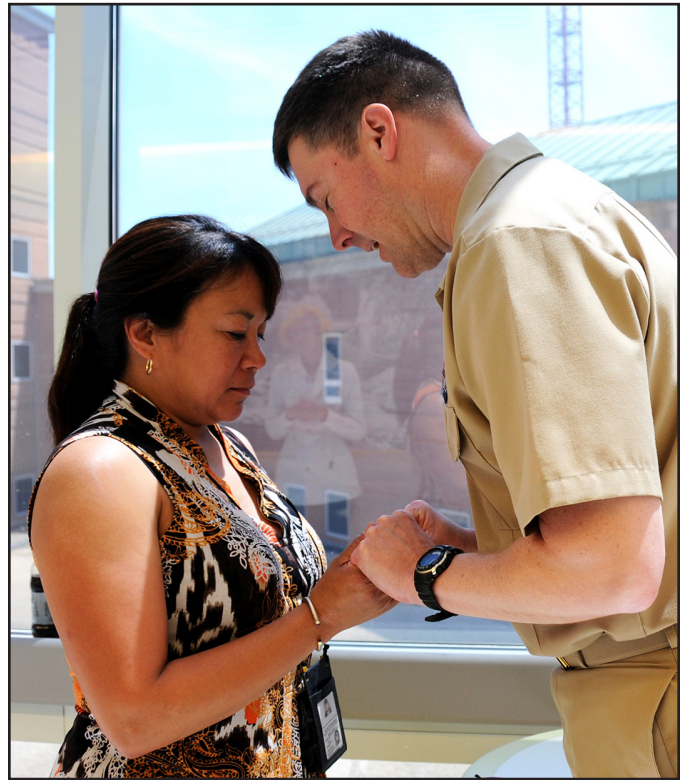


Photo by MCC (SW/AW) Leslie Tomaino

Alice Fitzpatrick of NMCP's Preventative Health and Nutrition Department receives a Blessing of the Hands from chaplain Lt. Cmdr. Ben Sandford. The civil service nurses celebrated National Nurses Week on May 9 with a cake cutting and Blessing of the Hands ceremony.

person, Snyder recited the prayer, "Nurses Hands." The ceremony allows chaplains to honor and remind others of the work nurses do.

"The blessing of the hands is simply asking that God's favor would fall on these hands as they seek to comfort and aid his children," Snyder said. "The ceremony helps us to realize that nurses are involved in a sacred trust to help those in need, and that we need the aid of our God."

The Navy Nurse Corps was established on May 13, 1908, when President Theodore Roosevelt signed the Naval Appropriations Bill that authorized its creation as a unique Navy staff corps. The first 20 to graduate were known as the "Sacred Twenty," and of them, three reported for duty at Portsmouth in April 1909. Among them was Lenah Higbee, who became chief nurse at Portsmouth, and later, the second Superintendent of Nurses for the Navy.

For 106 years, the Navy Nurse Corps has provided patient care and continues to do so daily at NMCP.



Photo by MC1 (SW/EXW/AW) Gary Johnson

Lt. j.g. Chip Leduff receives a blessing of his hands May 13 from Lt. Cmdr. Alan Snyder after the cake-cutting ceremony.

NMCP Hires First Part-Time REACH Program Employees

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth has hired its first part-time employees through the Reintegrate, Educate and Advance Combatants in Health Care Program; one started work on May 19 and the other is set to begin in June.

Shelia Roberts is now a front desk clerk in the Orthopedics Clinic. Carle Spragle will start June 2 and will be a financial technician in the Material Management Department.

The REACH program is one of the Bureau of Medicine and Surgery's initiatives to recruit and employ wounded warriors into civil service medical positions. The program is for Sailors who are expected to receive a 30 percent or greater disability rating after going through the medical board process and who are committed to pursuing a career in a health care-related field.

Once accepted into the program, Sailors begin working in health care while they are still active duty. They learn basic skills and work expectations while pursuing related college courses. After medical retirement, the part-time positions allow them to continue on-the-job training and provide a service for a command, while they pursue the formal education that will lead to full-time civil service employment.

"The program is extremely helpful because it focuses on recruitment and retention of employees," said Naomi Ramshur, Orthopedics Clinic manager. "When (Roberts) was here as a volunteer, I saw her as an investment. I wanted to show her what it's like to be a nurse in the clinic. I wanted to show her once she gets her degree, this is the job she could be doing. Now, as a part-time employee, she already knows the clinic,

the people and providers."

Roberts entered the REACH Program after being a patient in the Orthopedics Clinic. She was an information systems technician but wanted to become a nurse. Her medical status closed the door to an active-duty nurse career, but opened the possibilities for pursuing a civilian career.

"In the spring of 2013, my command allowed me to come over here to work two or three days a week, and I started taking classes through Tidewater Community College," Roberts said. "I was medically retired in May 2013, and continued volunteering in the clinic while taking classes. I'm getting my pre-requisites done at TCC and plan to complete a nursing degree through Old Dominion University. So now, I've started this part-time job and summer classes the same day."



Shelia Roberts, now a front desk clerk in the Orthopedics Clinic, with clinical manager Naomi Ramsur, left, and Duane Robinson, a nurse in the clinic with whom she was paired for training while she volunteered.

As a front desk clerk, Roberts' job is primarily administrative, but will help her with medical terminology, seeing patient interactions, improving customer service skills and learning clinic operations, which she said will translate a lot once she gets her degree.

"During her volunteer time, she's learned simple things, such as the pain scale and signs and symptoms of infection," Ramshur said. "She's got that foundation, and she'll also learn about it in nursing school, but it's a valuable tool to have at the front desk, because she can help triage where the patients need to go."

Ramshur hopes that once Roberts gets through her first semester of nursing school in 2015 or 2016, she will be eligible to become a medical assistant or a certified nurse assistant and continue the hands-on clinical experience.

For Spragle, he said he can't wait to start working in two weeks.



Carle Spragle, center, will begin his job on June 2 after receiving training and guidance from Jesus Saenz, Material Management Department head, left, and Charles Lovell, receipt control supervisor, right.

Corpsman Fulfills Dream with Helo Reenlistment

BY REBECCA A. PERRON
NMCP Public Affairs

Hospital Corpsman 3rd Class Jessica Ginapp loved being around jets and helicopters when she deployed on board USS George H. W. Bush as an airman with Strike Fighter Squadron 87. Now a corpsman, she hoped there was some way she could incorporate a helo into her reenlistment.

"I had always wanted to go on a helo when I was on the ship," said Ginapp, leading petty officer of Naval Medical Center Portsmouth's Plastic Surgery Clinic. "But since I didn't work in that squadron, I wasn't able to. So it just randomly popped up, that I wanted to do something different for a reenlistment."

She jokingly mentioned it to Capt. Robert Hersh, her reenlisting officer and the department head of the Plastic Surgery Clinic, challenging him to set up a helo ride but not expecting that it could actually happen. So she scheduled a reenlistment at Nauticus for April 25.

Then earlier in April, Hersh surprised Ginapp with a helo ride, letting her in

on the secret the week prior. Hersh had found a connection through one of his patients to Marine Medium Helicopter Squadron 774 at Naval Station Norfolk.

"I wanted to do this because she's an amazing LPO and her career initiated on the aviation side," Hersh said. "I was trying to unite the medical experience with her previous aviation experience. And I'm a previous flight surgeon, so aviation is always a thing I like to do."

"It was amazing, I never expected it to happen," Ginapp said. "The fact that he put all the effort and time to set this up for me, knowing how much I wanted it, is remarkable that he would do that for me."

Ginapp and Hersh, along with a few others from the clinic, boarded the helo in Norfolk on April 11, taking off around noon. They flew over to NMCP, circling several times. Hersh, a photography buff, took photos of the medical center from the air while a medical student took photos of the helo from the ground. Then 500 feet over the medical center, Ginapp raised her right hand and Hersh reenlisted her.

"This was my first time in a helicopter," Ginapp said. "The ride was very exciting. It was a little nerve-wracking, but definitely an adrenaline rush."

"It was awesome," Hersh said. "I



Photos courtesy of Capt. Roger Hersh

HM3 Jessica Ginapp enjoys the ride before it's time to reenlist.

love flying around – it's a good time. The day was beautiful, the view was great."

Ginapp still held the reenlistment at Nauticus, so friends as well as family from North and South Carolina could attend. There she signed the reenlistment papers, extending her service for three years.

As she approaches her five-year mark,

— See **HELO**, next page



HM3 Jessica Ginapp recites the Oath of Reenlistment as Capt. Roger Hersh reenlists her.



The Charette Health Care Center and historic Bldg. 1 along the Elizabeth River shoreline in one of the many aerial photos by Capt. Roger Hersh.

Burmeister Receives Second Star during Pinning

Naval Medical Center Portsmouth's recently selected master chief petty officer – Master Chief Hospital Corpsman (SW) Marsha Burmeister – received her second star during a ceremony May 9.

Burmeister, the senior enlisted leader of the Clinical Support Services Directorate, became a master chief as nearly 100 staff members watched her family pin on her new collar and cap devices and present her new cover.

During the ceremony, Capt. James L. Hancock, NMCP deputy commander, delivered remarks about the work Burmeister has done at NMCP, as well as her previous experiences.

"If you want to know how to make master chief, all you have to do is look at her record," Hancock said. "She is an incredible example of a model leader and Sailor."

The event concluded with her family presenting her a new cutlass and the audience congratulating her.



Photos by MC1 (SW/EWX/AW) Gary Johnson

HMCM (SW) Marsha Burmeister's children, Trent, a midshipman, Ryan and Hannah, pin on her new collar devices.



Master Chief Hospital Corpsman (SW) Marsha Burmeister shows off the cutlass presented to her by her children and her husband, HMCS (SW/FMF) Joseph Burmeister.

HELO — *Continued from previous page*
Ginapp believes reenlisting was the best choice for her, her career and her family, which includes her husband Brad, a former Marine, her children, Aubrey, 2, and Autumn, 10 months, and Benji the dog.

"When I joined the Navy in 2009, corpsman was locked up for females, so I couldn't choose that," Ginapp said. "I

knew I wanted to do something in the medical field, so when I found out corpsman was open, I immediately jumped on it. I put in my package, then a master chief corpsman with the carrier air group on the ship made a phone call, and that's how I found out I had been accepted."

Ginapp went to Corpsman "A" School in May 2011 and has been stationed at NMCP since September

2011, first assigned to the laboratory and then to the Plastic Surgery Clinic.

After spending nearly three years at NMCP, Ginapp is preparing to transfer to Naval Hospital Beaufort, S.C., and is six months away from completing an Associate in Science Degree at Tidewater Community College. After that, she'll pursue her bachelor's with the goal of becoming a physician assistant.

NMCP Emergency Medicine Studies Win NME Research Competition

STORY AND PHOTOS
BY REBECCA A. PERRON
NMCP Public Affairs

The 29th annual Navy Medicine East Academic Research Competition recognized two of Naval Medical Center Portsmouth's Emergency Medicine Department studies as the winners on April 24, one in the resident and one in the staff categories. Both research projects and their primary presenters will advance to the Navywide competition in May.

Lt. Cmdr. Matthew Gaffigan, a third year Emergency Medicine Program resident, presented "Haldol/Diphenhydramine versus Metoclopramide/Diphenhydramine for Treatment of Acute Headache in the Emergency Department: A Randomized Controlled Trial."

The staff project, "Operational Point-of-Care Ultrasound Use among Navy Emergency Medicine Physicians," was presented by Lt. Cmdr. Matthew Lawrence, EMD staff, on behalf of Lt. Lauren Oliveira.

During the award ceremony, Cmdr. William Beckman, NMCP's director for Professional Education, spoke about the importance of the research being conducted at NMCP and other hospitals within Navy Medicine East.

"The work that's being done with these research protocols is changing medicine and it's changing battlefield medicine," Beckman said. "It's helping patients and saving lives on the battlefield, and ultimately, that's why we are here – to provide operational support. So this is truly making a difference."

Migraine Medication

The work of Gaffigan and his team has made a difference in the way NMCP's ER doctors practice. The study compared the effectiveness of haloperidol

with metoclopramide, a proven migraine medication.

"There are lots of therapies available for migraine headaches, but there are lots of things that get in the way of administering those, including allergies, pregnancy, availability of the medication – sometimes the manufacturer runs out, dependency issues and expense," Gaffigan said. "So we are always looking for newer and better treatments for those refractory migraine headaches."

The study required 64 patients age 18 to 50 who were given one of two medications. They were asked to update their pain, nausea and restlessness scores every 20 minutes on a scale from zero to 10.

"Our results showed that the haloperidol is just as good as the metoclopramide as far as treating the pain, and eliminating the nauseousness and the restlessness," Gaffigan said. "It's just as good, if not better, without the side effects health care providers worry about with some medications."

"Our patients seem really happy with it when they can walk out migraine-free 60 to 80 minutes later," Gaffigan added.

Point-of-Care Ultrasound

For the point-of-care ultrasound study, the beneficiaries of the staff research project are patients who are deployed. The research team surveyed all emergency medicine physicians in the Navy about point-of-care ultrasound, which is used when there is limited specialty consults and equipment, such as viewing the

heart and abdomen.

Emergency medicine physicians receive pre-deployment training that teaches them to use ultrasound to help diagnose and treat patients, and that's just what the study aimed to improve.

They determined that among all the ultrasound skills sets needed for operational care, these physicians did not receive training in to areas consistently – ocular, or eye, ultrasound and inferior vena cava ultrasound, which measure a patient's hydration levels.

The IVC is part of the heart ultrasound that guides resuscitation by a trauma team as to how much fluid and blood products a patient needs.



The resident and staff presenters of the Academic Research Competition Oral Phase, judges and Clinical Investigation and Research Department staff after the award ceremony.

"For foreign bodies in the eye and retinal detachments, it's more of an eye-sight saving procedure," Oliveira said. "Without use of the ultrasound, you would have to medevac these people out, and sometimes in dangerous conditions. A patient's eyesight is at risk, but now you're putting the people on the transport team at risk. If everyone was comfortable doing the ultrasound, then they might not have to medevac them."

Since the original project was completed, Oliveira said they received Institutional Research Board approval to survey emergency medicine physicians in the Army and Air Force.

"We had pretty much the same exact

— See **ARC**, next page

Project C.A.R.E. Really Does

By DEBORAH R. KALLGREN
NMCP Public Affairs

Project C.A.R.E. began at Naval Medical Center Portsmouth in November 2013, and staff make sure the program lives up to its name.

“C.A.R.E.” stands for Comprehensive Aesthetic Restorative Effort, a mouthful that translates into a better quality of life, and improved appearance and functionality for those who have suffered traumatic injury, disfigurement and scarring. The program combines the best of multiple specialties to make patients look better and feel better.

In the first six months, nearly 50 patients have availed themselves of the services Project C.A.R.E. offers. Originally conceptualized to help wounded warriors, the Portsmouth project is open to active duty of any service, retirees and family members on the east coast. Project C.A.R.E. is funded by the U.S. Navy Bureau of Medicine and Surgery.

Lt. Cmdr. (Dr.) Philip Letada, a board-certified dermatologist, oversees the project at Naval Medical Center Portsmouth, and treats patients, often with lasers.

“Many of our patients are wounded warriors with amputations, and traumatic and burn scars,” Letada said. “Cosmetically, patients don’t notice improvement of lesions for months, but for functionality with scars over joints, (patients) can notice improvement within minutes, especially with range of motion.”

Letada described the almost immediate improvement in a

patient who’d had a knife wound six months earlier. “A few minutes after treatment, she said her range of motion had already improved.

In addition to dermatology, patients with disfiguring scars are treated by numerous specialists at the hospital including plastic surgery, otorhinolaryngology (E.N.T.), ophthalmology and oral surgery.

“We streamline the process and refer patients to clinics to get aesthetic care,” according to Donald Banks, the information technology specialist for Project C.A.R.E. “We serve in a case management function to coordinate continuing care and to help get care for the ‘total’ patient.”

Treatments range from a wide variety of procedures including surgical scar revision, laser treatment to help loosen bound-down scars across joints, laser treatments to removed traumatic tattoos and redness within scars, and many other conditions. Amputees may also opt for laser hair removal to minimize hair-follicle inflammation (folliculitis) and to decrease perspiration where the stump meets the prosthesis.

“Before technology came about, you had to go in and do invasive surgery” to improve scarring, Letada added.

Patients come from all over the east coast. If patients need a specialized service that is not offered locally, they can be referred to a civilian facility that does offer it. Project

C.A.R.E. acts as a liaison between the military medical community and counterparts in the civilian medical community.

“People are pretty surprised the program exists,” Banks said. “We help them with their care. Come and see us and we will take care of the rest.”

To contact Project C.A.R.E. at NMCP, call (757) 953-7312 or 7272, Monday through Friday, 7:30 a.m. to 4 p.m.



ARC — *Continued from previous page* results as Navy,” she said. “Now that we are ready to implement, we want to push the new training protocol tri-service, to Army, Air Force and Navy.

The bottom line for both winning studies is better treatment for patients, whether in the emergency room or on the battlefield. While Gaffigan and Oliveira are prepared to present their projects during the Navy-wide competition, they know their work will have lasting effects on the care emergency medicine physicians provide.

Special awards were given for presentations that fell within the Navy Surgeon Generals goals of Jointness, Readiness and Value.

Jointness:

Lt. Cmdr. Christopher Schultheiss for “The Descriptive Epidemiology of Mental Health Disorders in Aviation Personnel Compared To Non-Aviation Personnel in the U.S. Military.”

Readiness:

Lt. Cmdr. Michael Prudhomme for “A Model For Medication Approval for Aviation, Utilizing Evidence-Based Medicine and Acceptance Control Charts.”

Value:

Lt. Cmdr. Kristina Polk for “Empiric Antibacterial Treatment for Women with Uncomplicated Lower Urinary Tract Infections.”

Army Gastroenterologist, Navy Nurse Anesthetist Win 29th Annual Navywide Research Competition

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth hosted the 29th Annual Navywide Research Competition on May 22, announcing an Army gastroenterologist from Walter Reed National Military Medical Center and a Navy nurse anesthetist who has just completed a fellowship at the University of California as the winners.

Army Capt. Vito Cirigliano was named the winner of the staff category and presented “Misdiagnosis Rate of Sessile Serrated Polyps at a Large Referral Center, including the Impact on Ongoing Polyp Surveillance.”

Lt. Cmdr. Eric Bopp won the trainee category, presenting “Is Combat Exposure Predictive of Higher Preoperative Stress in Military Medicine?”

At the award ceremony, NMCP commander Rear Adm. Terry Moulton commented on the importance of military medical research before presenting this year’s awards.

“This research really has an impact for the Navy and for our readiness mission and for our beneficiaries,” Moulton said. “Looking at these research activities, they are very impressive. The judges said it was a tough competition, so you should be very proud of the work that you have done.”

Malignant Polyps

Cirigliano said his research was based on new literature and studies that show malignant polyps are underdiagnosed. The goal of the study was to identify people who are at an increased risk of colon cancers and prevent the cancer in the future.

For the study, an expert gastroenterology pathologist looked with a microscope at benign tissue samples dating back to 2011. According to new guidelines, these tissue samples now are considered to show indications of malignancy, which years ago,



Army Capt. Vito Cirigliano addresses the judges as he presents “Misdiagnosis Rate of Sessile Serrated Polyps at a Large Referral Center, including the Impact on Ongoing Polyp Surveillance.”

these features were thought to indicate no potential for cancer.

“There are benign polyps in a colon, and when we remove those, they hadn’t conveyed any malignant potential,” Cirigliano said. “My research was to go back through a year of data to see how often we got it wrong and, if we got it wrong, did it mean we needed to screen these patients more carefully and more often for colon cancer.”

The answer: 40 percent and yes.

“(According to previous protocol), there was a misclassification rate of 40 percent,” Cirigliano said. “Those people should be told to get a colonoscopy sooner. For someone who has no risk factors, they should come back in 10 years. For someone who has premalignant polyps, they should come back in five or even three years.”

Cirigliano’s research indicated that 90 percent of those who were misclassified should have had a repeat colonoscopy sooner.

— See 29th, next page



The 10 presenters, judges and NMCP Clinical Investigation Department staff join Rear Adm. Terry Moulton, NMCP commander, center, after the award ceremony.



CMDCM (SW/EWS) Derek Petrin, Navy and Marine Corps Public Health Center, talks with other attendees during one of the breaks during the symposium.

IDC — Continued from page 3

every IDC, new or seasoned, to attend these symposiums.”

Capt. James Hancock, NMCP deputy commander, opened the symposium by reflecting on the importance of IDCs and why military hospitals are needed.

“You are ground zero. You allow the warfighter to continue the fight,” Hancock said. “We are a world-class hospital, we provide world-class care. But our function, our reason for existing is to train and make sure we have the best of the best ready to go down range.

Never doubt that.”

The IDC Symposium began as an annual refresher, but now is held twice a year to allow for more in-depth training. Future symposiums will include hands-on simulation and even more advanced training.

“May and November, twice a year we are going to get you what you need, when we put on these conferences and bring in the experts,” said Hancock. “This is about you bringing us your questions, you getting the refresher you need or first-hand training, so when you leave here you can say, ‘I’m good to go.’”

REACH — Continued from page 5

“I’m a doer,” said Spragle, a former Seabee. “I’d rather show that I’m an asset through my actions, but I know schooling is what I need for the job.”

Spragle is also attending TCC, first completing an Acquisition Procurement Certificate, followed by an Associate of Science in Business. He plans to complete a Bachelor of Arts in Business Administration specializing in Logistics through St. Leo University in 2018 and be hired fulltime as a contract specialist.

“The last six-months of my medical board process, I worked at NMCP, and I continued to volunteer and learn after I was retired until I could be hired part-time,” Spragle

said. “I learned how to look over contracts, match the inventory that we received and release the payment to the vendor.”

“We started him out slowly, showing him how we accept the information from the warehouse as far as what’s being paid for,” said Charles Lovell, Receipt Control supervisor. “Then we advanced to closing out a contract. He was just like a sponge, taking in all the information and working hard. He’s just so impressive.”

Now that Roberts and Spragle have taken the next step in the REACH Program process, they can look forward to a few years of continued job training as they work to complete their bachelor’s degrees.

29th — Continued from previous page

Cirigliano said they are contacting these patients for earlier follow-up, as they systematically work their way through the tissue bank, looking at all samples saved as far back as 2005. Cirigliano is working to identify if there are risk factors shared among these patients, including their age and the size and location of the polyp; he will then share his findings with the gastroenterology and family medicine communities.

Stress Response

Bopp’s research tracked stress responses in military members prior to surgery. Bopp said research has shown that for military members who have fought in combat appear, in surgical settings, they are more stressed before surgery, require more medication to maintain an anesthetic state during surgery, and then after

surgery, and wake up more aggressive than other patients.

“I was interested in the preoperative part, but not limiting the study to those with specific combat exposure,” Bopp said. “So I looked at different types of exposure, wondering about everybody else, including nurses, doctors, supply personnel, cooks and down the line.”

Bopp recorded patients’ anxiety levels in the days before surgery and asked about their military experience through a questionnaire. On the day of the procedure, from check-in to entering the operating room, he monitored their physiological stress response. His study scientifically validated that patients with all types of combat exposure experienced more stress, including anxiousness, fear, depression and hostility.

He now plans to study ways to mitigate that stress.

“We now want to do some interventional studies, and see how we can manage these emotions in the days before surgery to minimize their stress response on the day of surgery,” Bopp said. “These include music therapy, meditation, guided imagery, acupuncture and medications. These methods have surprisingly reproducible results, but we need to scientifically validate them.”

During the award ceremony, special awards were given for readiness and value. The readiness award went to Lt. Lauren Oliveira of NMCP for “Operational Point-of-Care Ultrasound Use among Navy Emergency Medicine Physicians,” while Lt. Michelle Gage of WRNMMC received the value award for “A Simple, Validated Model for Identifying Cases which Are Unlikely to Benefit from the 21-Gene Recurrence Score Assay.”

Asian American-Pacific Islander Heritage Month

By REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated Asian American-Pacific Islander Heritage Month on May 21, featuring a retired Filipino commander as the guest speaker and a traditional Indian dancer.

During his remarks, retired Cmdr. Benjamin Liam spoke of many challenges that the Asian American and Pacific Islander communities have faced, including Asian migration, Filipinos in the U. S. Navy and discrimination in the immigration system.

"America is a nation of immigrants," Liam said. "This country was founded by people who came from other countries for various reasons, many to make a better life for themselves and their families, while others maybe to escape persecution and tyranny from their homeland. For whatever that reason was, they all became part of the tapestry that has made this country distinct and great.

"Asian-Pacific Americans include many ethnic groups with diverse backgrounds, histories, languages and cultures," he continued. "The significance of this month can only be understood by recognizing the contributions of the many diverse groups that make up the Asian-Pacific American community."

Liam then described the many challenges Chinese and Japanese migrants who helped build the transcontinental railroad faced, as well as the impact the United States had on the culture, economy and politics of the Philippines. Liam also touched on the opportunities available to Filipinos, talking about the day he passed the exam to become a Sailor.

"The competition was fierce, (which) allowed the Navy to selectively recruit only better qualified individuals, many with college education," Liam said. "There were typically 250



Guru Malini Srirama dances while asking Nataraja (dancing Shiva) for blessings. The dance also offered silk cocoon flowers to the deity.

applicants for every individual picked. In 1971, when I enlisted, only 422 were recruited that year from 100,000 applicants. The day of my entrance examination, there were 242 applicants who took the exam, and I was the only individual who passed. By 1970, there were close to 17,000 Filipinos in the U.S. Navy and over 20,000

throughout the 1980s."

Liam began his career as a hospital corpsman "striker," completing Hospital Corps "A" and Pharmacy Technician "C" schools. He rose quickly through the ranks: he was selected for chief hospital corpsman in 1982 and, in 1985, was commissioned an ensign. Liam served on active duty for 36 years, and has been a civil servant for the past six. He is currently the Command Evaluation Department head and the Command Inspector General representative.

Liam concluded his remarks by explaining the meaning of this year's theme.

"The theme for this year's heritage celebration is 'I Am Beyond,' which conveys how one transcends, excels and goes beyond stereotypes and challenges – a true message of perseverance, acceptance and diversity," Liam said. "For all the years of oppression, prejudice and obstacles, Asian-Pacific Americans can say 'I Am Beyond.' We have persevered, and we have flourished."

Guru Malini Srirama then took the stage, performing traditional Hindu dances. Srirama is an accomplished dancer who has performed throughout India, Canada, Europe, Australia and the U. S. She has performed at the Rashtrapathi Bhavan in Delhi and has danced for Jawaharlal Nehru, Indira Gandhi and other world dignitaries.



Photos by MC1 (SW/EXW/AW) Gary Johnson

Benjamin Liam speaks about challenges Asian American and Pacific Islander communities have faced. Liam is currently the Command Evaluation Department head and the Command Inspector General representative at NMCP.

— See *ASIAN*, next page

Semi-Annual Customer Service Excellence Awards

STORY AND PHOTO
BY REBECCA A. PERRON
NMCP Public Affairs

The recipients of the October 2013 through April 2014 Customer Service Excellence Awards were recognized April 29, each receiving a Letter of Commendation or Contract Letter of Appreciation during an award ceremony.

Those recognized were Cmdr. William Scouten, Pediatrics; Alicia Lyons, Rheumatology; Hospitalman Apprentice Kendall Mooney, Dermatology; Ensign Amy Funk, Orthopedics Ward; Lorraine Case, Neurosurgery; Hospitalman Jessica Reno, Branch Health Clinic Naval Station Norfolk laboratory; Hospital Corpsman 3rd Class Stacy Millsaps, Occupational Health Clinic; Robert Harris, Mental Health Clinic; Lisa Green, Substance Abuse Rehabilitation Program; James Lantry, TRICARE Prime Clinic



Chesapeake; Sylvia Matrosky, Branch Health Clinic Naval Station Norfolk; and HM3 Dara Zuniga, PGR.

During the ceremony, Capt. James Hancock, deputy commander, spoke about the effect they have had on the medical center's patients.

"These folks work in difficult areas, like neurology and mental health, places where patients are in pain and have anxiety about being here," Hancock said. "But

they are the beacon that makes it ok."

Their selection was based on their proactive interactions with customers in pursuing customer service excellence, the number of All Star awards they have received patients or guests, and their ability to effectively resolve customer service inquiries and concerns.

Their photos are displayed on the Wall of Excellence in Bldg. 2, second floor near the main elevator.

ASIAN — *Continued from previous page*

Srirama performed two dances. The first asked Nataraja (dancing Shiva) for blessings and offered silk cocoon flowers to the deity. The second was a 2,000-year-old song for a poem about nature's beauty. Before the second dance, Srirama demonstrated descriptive hand gestures, like a sign language, involved in telling the story of the poem.

She also showed videos, with one playing as she danced. She had produced the film for the Michigan Art Commission in an ancient Hindu temple that has been preserved by the Indian government.

According to the latest U.S. Census, there are an estimated 19 million Asians or people of Asian ancestry and about 1.4 million native Hawaiians and other Pacific Islanders or people of that ancestry in the United States, totaling about 6.5 percent of the total American population. Of the 19 million Asians, Chinese ancestry is the largest community with 4.2 million, followed by Filipinos with 3.6 million, Asian Indians with 3.3 million, Vietnamese with 1.9 million, Korean with 1.8 million and Japanese with 1.3 million.

Today, more than 20,000 active duty Sailors, comprising more than six percent of the total active duty naval force, 4,000 reservists, and 18,000 Navy civilian employees identify themselves as Asian American or Pacific Islander.



Rear Adm. Terry Moulton, NMCP commander, and Cmdr. Maria Norbeck, Diversity Committee co-chair, cut the cake after the Asian American-Pacific Islander Heritage Month ceremony.

Interns Help Portsmouth Resident

By DEBORAH R. KALLGREN
NMCP Public Affairs

A group of Naval Medical Center Portsmouth interns and some family members got together to do some yard work and home improvements on a beautiful Saturday in early May. The work wasn't for themselves; it was for a Portsmouth resident in need.

Thomas Sturgis, an 85-year-old retired shipyard worker, was visibly upset when he found a note from the city posted on the front door of his Westhaven home, telling him to fix it up or face fines. He'd lived there since 1960, but wasn't able to keep up with the exterior maintenance anymore since his wife died and he'd gotten older.

Sturgis' neighbor posted word of his plight on Facebook, and Sharon Mason, NMCP's transitional intern program coordinator, mentioned it to the interns.

"I put an email out, put out some feelers, and a lot of people responded, so it

was a pretty easy decision," said Lt. Austin Yoder, who will begin his Emergency Medicine residency at Portsmouth following intern graduation in June.

Soon Yoder had about 20 interns offering to help and buy supplies. They chose a Saturday in April, but it rained. Then, on May 3, the group met at Sturgis' house for a day of yard work, mowing, scraping and painting.

Lt. Lamar Hardy was one of about a dozen interns helping Sturgis. He's a newly reporting intern at NMCP and didn't think twice about volunteering.

"I heard about it, and like to do home improvement projects, and like to help someone who needed it," Hardy said. "I brought my paint sprayer and went to town with it.

"The house had major cosmetic problems – trim with cracked paint – but other than that, there was little noticeable damage," he added.

Lt. Chris Cochran climbed up to scrape paint and clean gutters, while Yoder and his children scraped paint closer to the ground. Cmdr. Rod Borgie scraped and painted, as did Lt. Stefan Rozycki, Lt. Kelly Hughes and Lt. John Brisson. Lt. Liam Delahanty, Lt. Megha Joshi and Lt. Ken Faubel, Lt. Ben Fredrick. Mason, who had alerted the interns to Sturgis' situation, also pitched in to help.

The volunteers, who represented all branches of the intern program, felt a camaraderie with Sturgis, a World War II veteran in the Army Air Corps and Air Force. He'd participated in the Berlin Airlift, and he'd been retired for 30 years.

By the end of the day, Sturgis' home had been scraped of flaking paint and painted, the lawn cut, and the yard spruced up.

Sturgis was overwhelmed with the help from neighbors and the young doctors. "I feel a foot taller, I feel ten pounds lighter, and warm in the heart," said Sturgis.



Photos by Cyndi Yoder

Lt. Kelly Hughes scraps paint while neighbor Mindy Ballard holds the ladder.



Lt. Chris Cochran scrapes paint along the top of a window frame.



Neighbor Mindy Ballard paints around a first floor window, while Lt. Kelly Hughes, left, and Lt. John Brisson, right, paint near the roof.

"It feels great," Yoder said. "It's a pleasure to help the community and make a difference outside of work. It was great to help out Mr. Sturgis, and to see the intern class get out and make a difference in the community.

— See **INTERN**, next page



Thomas Sturdis steps out of his house to check on the work of the volunteers.



From left, Lt. Liam Delahanty, Andrew Borgie and Lt. Austin Yoder, paint the side of the house.

INTERN — *Continued from previous page*

"It makes me even more proud to be a part of the U.S. Navy, one of the few organizations out there that fosters the attitude that the community is bigger than the self, and that taking action for a good cause is definitely worth your only day off," Yoder added.

Oakleaf Club Holds Annual Auction

The Oakleaf Club of Tidewater hosted its annual auction May 3, with more than 60 people attending the Mustachio Pistachio-themed event to raise money for the Charity Fund, which purchases items for the medical center. The Mustachio Pistachio was held in NMCP's galley, with 37 baskets available for bidding during the silent auction and nine larger ticket items offered during the live auction. More than 50 organizations, businesses and individuals donated to the



Photos by MCCA (IDW/EXW/AW) James Perkins

auction, raising more than \$5,000 for its charity fund. Guests played games

which involved a race to draw mustaches on three inflatable bowling pins and return to the finish line.



Attendees of the Oakleaf Club auction review the gift baskets during the silent bidding portion of the evening.



The volunteers with Thomas Sturgis after the improvements were completed. Front row: Andrew Borgie, Lt. Ken Faubel and Lt. Austin Yoder. Middle row: Lt. Lamar Hardy, Lt. Chris Cochran, Lt. Ben Fredrick, Thomas Sturgis, Cmdr. Rod Borgie, Lt. John Brisson, Lt. Joshi Megha, Sharon Mason, neighbor Joe, neighbor Mindy, Lt. Kelly Hughes and neighbor Sharon. Back row: Lt. Liam Delahanty. Not pictured: Lt. Stefan Rosycki, Taylor Yoder, Riley Yoder and Cyndi Yoder.

Meet Erica: An NMCP Ombudsman Here to Help

STORY AND PHOTO
BY REBECCA A. PERRON
NMCP Public Affairs

Erica Leidel has been one of the Naval Medical Center Portsmouth's ombudsmen since October. Her husband, Lt. Jason Leidel, had been an industrial hygiene officer at NMCP for two years when he recently transferred. But Erica has decided to stay on as an ombudsman for now, and she wants NMCP staff and families know that she is here to help.

Her job as a high school social studies teacher and her experience with the military has prepared her for the job.

"I'm used to dealing with younger adults who need to be molded and helped along their way," Erica said. "So I'm good at seeking resources and giving advice. We had been Air Force, and we just transferred to the Navy. On top of

that, I'm just a huge advocate for the military – my dad was a Marine. So I have a lot of experience with different fields. I can bring information through that."

Erica is a big advocate for schools and likes to help military families find school resources.

"I also volunteer with the Navy-Marine Corps Relief Society as a case worker, so I am used to dealing with Leave and Earning Statements and financial issues, coming up with budgets and planning," she said. "I like to be an advocate for those families that don't know how to find those resources."

As an ombudsman, Erica discovered new resources and works to share them with families.

"I think military resources are underutilized. They don't know that these services exist, that there are these free things out there for us to take advantage of. Reaching out to those families and getting them the support that they need, that's been my biggest goal. Educating myself on what's out there, and then educating them."

Above all, Erica said she wants the command to see the ombudsmen as approachable and helpful.

"I like to joke with the indoc presentations that I am a human



Rolodex, and I can help with everything from alimony to zoo tickets. It doesn't matter how small the question is. If you're new to an area, and you don't know what options are out there, you can't make educated decisions. Please, any question that comes up, contact us. We have tons of resources that they can get their hands on. It doesn't matter what you are going through. We have families who are going through an individual augmentee deployment, who are new to the military and who are experiencing uncertainty in a medical board status."

Erica offers the ombudsman Facebook page as a resource, as well as her phone and email contacts for assistance. To contact an ombudsman, call 953-1973 or email nmcpombudsman@med.navy.mil. Visit and like the Facebook page at www.facebook.com/NMCPombudsmanTeam.

The Ombudsman Program dates back to 1970, when then Chief of Naval Operations Adm. E.R. Zumwalt Jr. created the program to provide communication between commands and the commands' families.

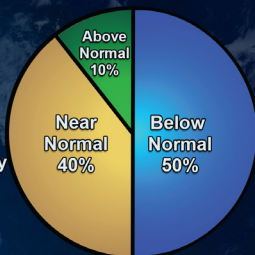
Working for the commanding officer, ombudsmen disseminate information – official Navy and command information – to the families. They also monitor command climate issues and local quality of life improvement opportunities and relay them to the command leadership. Ombudsmen also pass along "good deals" around community, provide resource referrals and help resolve family issues.



2014 Atlantic Hurricane Outlook

Named Storms: 8 - 13
Hurricanes: 3 - 6
Major Hurricanes: 1 - 2

Outlook
Probability



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Master Of Ceremonies Lisa Rosenthal thanks Retired Army. Col. Edward Shames for speaking during the Holocaust Remembrance.

HOLOCAUST — *Continued from page 1*

Company in July 1944 and fought in Operation Market Garden and the Battle of the Bulge. At age 22, Shames was one of the first U. S. military officers to enter Dachau concentration camp and witness the horrors the Nazis had inflicted on the prisoners.

This is perhaps the resume of a hero, but that's not how Shames sees it.

"I do not consider myself any semblance of a hero," Shames said. "I consider myself as a pretty good Soldier who did a job I was trained to do, as well as all of my comrades in the platoon. My heroes of that war are still over there on the crosses and Stars of David. A lot came home in flag-draped coffins, lest we forget. I often wonder why my colleagues and I were left standing, while too many were not so lucky."

Shames described the events following the Battle of the Bulge. His company came upon a satellite concentration camp near Munich that led to the discovery of Dachau.

"After the Bulge, it was downhill all the way," Shames said. "We took care of some small skirmishes. Thousands of Germans were surrendering as we traveled from Augsburg to our next mission. On April 20, 1945, we were on our way when we came upon 'skeletons' wearing various rags. We had stumbled upon Landsberg concentration camp. The Germans had left no more than two hours before. I had seen nothing here compared to what was waiting for me later (at Dachau), and (at the time), I thought that (Landsberg) was bad. At that moment, I could not believe the sights that were in front of me. And that was in Landsberg, a satellite concentration camp."

Shames said they tried to render aid to the best of their capabilities, and called for emergency support which arrived within five hours. That evening, Shames' regimental commander sent him to scout for Dachau. There had been reports of an operational center there, with about a dozen smaller camps in the area. Shames set out the next morning with a Soldier from his platoon who spoke fluent German. They would find the first camp built in Germany to hold "enemies of the Reich, the

Dachau concentration camp."

"We traveled about 45 minutes that morning, staying on roads just northwest of Munich," Shames said. "Both of us noticed the smell we remembered just before we reached Landsberg. We knew that we had found what we were looking for. It is beyond my pay grade to be able to impart to you what we came up that morning. No human being should be required to witness what was presented to Carl and me that morning. We saw thousands of dead bodies stacked like cardboard, box cars just outside the walls of the camp, the gas chambers where whole families were eliminated at one time, and their clothing and shoes stacked in big piles before they were forced to be gassed."

"We talked to people there, including a Polish man who had owned a bakery in Poland," Shames said. "His family was killed in Poland, but he was brought to Dachau to bake bread for the guards. We questioned others, and we could not believe what we heard even after what we saw that day. I've thought about that visit for 69 years, still in disbelief."

Shames concluded his talk by thanking the audience for listening to him, as he relayed what he called "the stench and the horror locked in my mind."

The ceremony concluded with a recorded singing of the poem "Eli Eli" by Hannah Senesh, who, after escaping to safety in Palestine, had returned to her native Hungary to help fellow Jews. She was captured by the Nazis and executed in 1944. She has become a symbol of Jewish heroism in Israel.

The 2014 theme for remembering the Holocaust is "Confronting the Holocaust: American Responses." It marks the anniversaries of sentinel events in Holocaust history that raises questions about the responses of the United States to the widespread persecution and mass murder of Jews in Europe.



Retired Army Col. Edward Shames shows to Rear Adm. Terry Moulton, NMCP commander, the pen that Shames mentioned during his speech. Shames had received the pen from his wife, then his girlfriend, via airmail delivery while in Bastogne just after the Battle of the Bulge. Shames retrieved the pen from his attic 40 years ago, and sent it to the manufacturer to have the ink replaced. Shames was told that only 100 of the pens were produced and, at the time, was estimated to be worth \$10,000.



Photo by Rebecca A. Perron

Civilian in the Spotlight

Uyen Le-Jenkins

Hometown: Virginia Beach

Years of service: Three years civil service, 12 years as a contractor (14 years at NMCP)

Job: Pediatric Nurse Practitioner, Admiral Joel T. Boone Branch Health Clinic, Joint Expeditionary Base-Little Creek

What do you like most about your job? I truly enjoy working with my colleagues and providing care to my patients and families utilizing the medical home model. Military medicine provides such a great team of professionals and vast network of health care services, and I am fortunate that as a primary care provider, I can at any moment, tap into these services or access our experts to provide the best care possible to my patients.

What do you do in your off time/hobbies? My daughters (age 7 and 3) keep me busy with extracurricular and social activities. I enjoy spending time with them, my husband and two dogs. We stay active and weekends are non-stop fun. Bad weather days are welcomed - it forces us to stay in and relax! I teach pediatrics to undergraduate nursing students.

Favorite movie: All Disney movies since that is all I get to watch these days!

Favorite food: Fruits and vegetables – that’s what I tell my kids.

Anything else interesting about yourself that you would like to tell us? I was born in Vietnam. My mother was a secretary for the U. S. Embassy during the Vietnam War. During the fall of Saigon, the U.S. military provided my family safe passage to America aboard a U.S. naval vessel. I am thankful I have an opportunity to care for the children of these great men and women who serve around the world to protect America and provide safety and opportunities to others families like mine.

Sailor in the Spotlight

HM3 Bryan Hill

Hometown: Hurricane, Utah

Years of naval service: Three years, 10 months (three years at NMCP)

Job: Psychiatric technician and assistant leading petty officer, Mental Health Department, Naval Station Norfolk Branch Health Clinic

What do you like most about your job? Being able to directly help service members, their families and the fleet by providing resources and counseling.

What do you do in your off time/hobbies? Reading books, kayaking, trying new cuisines.

Favorite movie: Star Wars

Favorite food: Anything Mexican!

Anything else interesting that you would like to tell us? I just got married!

Why was he nominated as Sailor in the Spotlight? “HM3 Hill provides outstanding care to all of our patients and guidance to our fleet providers,” said Cmdr. Mavis R. Thomas, Mental Health Department head, BHC Norfolk. “He also consistently performs well above his pay grade, providing administrative support and mental health clinic leadership. HM3 Hill approaches his duties with a zeal not typically seen in a junior corpsman and is always open for a new learning experience. His ability to identify the needs of substance-dependent patients and accurately identify appropriate support programs is particularly noteworthy.

“HM3 has also taken it upon himself to learn many of the business office reports so that our clinic can be proactive when it comes to closing open encounters and metric tracking,” Thomas said. “He’s able to work independently and efficiently. With his intrinsic drive and the mentorship provided by the clinicians he has served, success is assured.”



Photo by HN Joseph Cross

AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Gloria M. Baisey
Capt. David Collins
Capt. Timothy Porea
Cmdr. Angela Stanley

JOINT SERVICE ACHIEVEMENT MEDAL

Lt. Cmdr. Alvin Garcia
HN Bruce Hedges

ARMY COMMENDATION MEDAL

Lt. Cmdr. Greg Marty

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. James Castle
Cmdr. Roderick Borgie
Cmdr. Frederick Ochave
Cmdr. Joel Schofer
Cmdr. Michael Yablonsky
Lt. Cmdr. Marcelo Centaure
Lt. Cmdr. Bradley Hazen
Lt. Cmdr. Matthew Lawrence
Lt. Cmdr. Bruno Schmitz
Lt. Jessica Dalrymple
Lt. Laura Letchworth
Lt. Jack Zuckerman
HMC (SW/AW) Collette Allen
HM1 (AW) Erin Castillo
HM1 Yolinda Ellison
HM1 Benjamin Fleming
CS1 (SW/AW) Micah Lee
HM1 Hussein Taaha
HM1 (SW) Mary Wilkins
HM2 Carla Santiago

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Penelope Heiges
Lt. Cmdr. Hilary Meyer

Lt. Kwaja Floyd
Lt. Erin Gagliano
Lt. Michelle Jardon-Aites
Lt. Jason Leidel
Lt. James Kilpatrick
Lt. Ahmon White
Lt. Yui Wong
Lt. j.g. Anna Beaman
Lt. j.g. Kathrine Lambright
LSC (SW/AW) Todd Bryant
HMC (FMF/SW) Steve Ramlogan
HM1 (SW/AW) Steven Dufresne
ET1 (SW) Kenny Rugg
HM2 (FMF) Neilor Bicomong
SH2 Darwin Catalan
HM2 (FMF) Debra L. Fink
HM2 Joyce Gonzales
HM2 (FMF) Jessica Harmon
HM2 (FMF) Michael Pascual
OS2 (SW/AW) Chaquita Phillips
HM2 (FMF/SW/AW) Robert Staton
HM2 (EXW) Eric Todd
CE3 Dani Auld
HM3 Jodi-Ann Hammith
ET3 Gregory Kunkle
ABH3 Katie Wheeler
HN Aaron Cleary
HN Anthony Greco
HN Jared Snow

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Art Vogel
Levona Lupton
Galina Lyons

May is Lyme Disease Awareness Month

Did you know that lyme disease is the most commonly reported vectorborne illness in the United States? In 2012, 95 percent of cases were reported from 13 states, and Virginia was one of them.

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite

of infected blacklegged ticks. What can you do to protect yourself?

To reduce your risk, avoid wooded areas with high grass, walk in the center of trails and ask the health department about tick-infested areas to avoid. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans.

For more information, visit www.cdc.gov/lyme.

SHIPMATE OF THE MONTH



Photo by MC1 (SW/EXW/AW) Gary Johnson

HN VICTORIA CHESSON, DCSS
HN DESYBEL BARRAZA, DPC
HM₃ JEREMY LAUGHLIN, DSS
HA MADISON BRIDGEMAN, DMH
HN SHAQURRON WOODS, DMS

HN KRISTEN KENARD, DNS
HM₃ DAVID BELJESKI, DQM
HN AARON SHAW, DPHS
HM₃ SEAN WALTERS, DFA

MENTOR OF THE MONTH

Senior Chief Hospital Corpsman Cheri R. Snaza, senior enlisted leader for the Medical Services Directorate, manages the administrative aspects of the directorate, including reviewing awards and evaluations.

Snaza contributes to the mentorship of staff through face-to-face interaction, advisement and discussion with active duty and civilians daily. She is also a founding member of Real Talk, No Rank, which give another venue to mentor Sailors.



Photo by MC1 (SW/EXW/AW) Gary Johnson

She said the best part of her day is walking around talking to Sailors, which gives her motivation.

"I'm motivated by the smiles on the faces of Sailors as I walk around and greet them throughout the day. But more so, their successes!" Snaza said. "Every single encounter with a Sailor is a mentoring opportunity and should be capitalized continuously. Some sessions may be five minutes while others are 30 minutes. One is no more or less important than the other and should never be missed."

She believes the program is beneficial because it allows the mentee to gather tools for their career tool box, as well as to see issues from a different point of view.

"As for the mentor," she said, "it provides an opportunity for them to give back or to ensure that those things he/she was not taught as a young Sailor to be shared with the mentee early in their career."

The mentorship program is important, according to Snaza, because leaders

are constantly training the Navy's future leaders.

"If we lose sight of this, then we set up ourselves and our Navy for failure. In this case, failure is NOT an option."

But to be a good mentor, that mentor knows his/her areas of expertise and limitations so as to offer the best guidance to our hungry Sailors at every opportunity. "You may not realize it, she added, "but each and every one of us are mentors to someone. Be the best that you can be in this role."

Snaza's advice to other mentors: Never stop offering of yourself to others, however, make sure that you're taking care of yourself as well.

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.